

Be well, and well informed

At CalPERS, we care about your health. We collect and analyze information on our health care trends and costs. The data provides opportunities for all of us to learn how to use our health care benefits more efficiently, stay healthy, and contribute to affordable health care for everyone.

Health Tips from CalPERS

At CalPERS, we want you to be healthy and stay healthy. And we want you to understand how the health care decisions you make can affect your well-being and the cost of health care. Here are eight important health tips about what you should know and what you can do to manage your health. We encourage you to visit our Web site at **www.calpers.ca.gov/bewellinformed** for actions you can take on each of these tips.

Obtain the best health care possible.

- Be well informed and involved in your own health care.
- Get the best kind of care for your illness or condition.
- Compare the quality of doctors, hospitals and other health care providers.

Get what you need from your health care visits and manage your own health.

- Make the most of each appointment with your doctor.
- Follow through on treatment and manage your health responsibly.
- Take steps to safeguard your quality health care.

Find quality health care.

- Understand what quality care means to you.
- Be sure your health care is quality care.

Keep in mind that these tips provide one useful source of health information and are not intended as a substitute for professional care and treatment from your doctor or specialist.

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